

# Saint Paul **NIGHT** *Moves*

## ***BASEBALL / SOFTBALL SKILLS & CONDITIONING***

Fundamentals include:

***SOFTBALL***

10 am - 12 noon



***BASEBALL***

12 noon - 2 pm



hitting  
fielding  
throwing  
base running  
pitching and catching  
team building

**Monday & Wednesday's, June 20 - July 25**

Ages: 13-18

5 weeks

10 sessions

Free

Location: Rice & Arlington Sports Complex  
1500 Rice St. St. Paul 55117

To register call 651-558-2255 or stop in  
at the Municipal Athletics office by June 10.

